

Jefferson Center for Mental Health

Presented by:
Ann Meade, RN BSN
Lakewood, CO
Cohort V

Tips from the Graduating Class

Welcome to
**Union Square
Health Home**



*Helping you reach your goals
to get and stay healthy!*

**Union Square Health Plaza
12055 West 2nd Place
Lakewood, CO 80228**

A partnership of:



- Level 5 integrated mental health, substance abuse, primary and preventive care
- Wellness services including peer wellness coach
- Care Coordination
- Labs done on-site
- Access to specialty care
- Benefits navigation and ancillary services
- Evidence based chronic disease management
- Advisory board with consumer representation
- Formal evaluation through Tri West
- Health Information Exchange – Using Continuity of Care Documents (CCDs)

Union Square Health Home



Accomplishments

- ▶ Health outcomes
- ▶ Client satisfaction
- ▶ Collaboration and respect among partners
 - 1 hour per week in POD
 - Extended PCP visit time 20 to 30 minutes
 - Reduced number of clients seen per day



Health Indicators: Overall	At Risk Threshold	Valid Cases	Baseline Average	1 Year Average	Baseline At Risk	Outcome Improved	No Longer At Risk	Remained At Risk
Blood Pressure (mm Hg)								
Systolic	> or = 130	187	121.2	121.9	28.9%	13.9%	16.0%	12.8%
Diastolic	> or = 85	187	78.4	77.7	28.3%	12.3%	17.1%	11.2%
Combined	Either / Or	187			39.6%	16.6%	19.8%	19.8%
Body Mass Index (BMI)								
BMI	> or = 25	185	28.5	29.4	62.7%	43.2%	5.4%	57.3%
Waist Circumference (Inches)								
Female (88cm X .3937)	> 34.65	103	94.1	100.6	56.3%	2.9%	0.0%	56.3%
Male (102cm x .3937)	> 40.16	72	96.0	99.6	38.9%	8.3%	8.3%	30.6%
Breath CO (ppm)								
Breath CO	> or = 10	162	12.5	13.2	43.2%	35.2%	8.6%	34.6%
Fasting Plasma Glucose (mg/dl)								
Fasting Plasma Glucose	> or = 100	137	89.4	94.3	17.5%	43.1%	7.3%	10.2%
HgbA1C (mg/dl)								
HgbA1c for Diabetes (mg/dl)	> or = 5.7	132	5.7	5.8	39.4%	30.3%	6.1%	33.3%
Cholesterol								
HDL Cholesterol	< 40	135	48.6	53.6	20.0%	42.2%	3.7%	16.3%
LDL Cholesterol	> or = 130	133	114.4	110.6	24.8%	49.6%	9.0%	15.0%
Triglycerides	> or = 150	137	142.9	148.4	35.8%	49.6%	12.4%	23.4%
Metabolic Syndrome								
Metabolic Syndrome	3 or More	187	1.6	1.5	24.6%	31.6%	13.9%	10.7%



Challenges

- ▶ Changes in management – differing priorities
- ▶ Billing Sustainability
- ▶ IT/HR



Lessons Learned

- ▶ What do you wish you knew then that you know now?
 - How challenging client engagement would be
 - Collaborative care plans
 - Sustainability/billing
- ▶ Start-up advice?
- ▶ 1. Reassessments
- ▶ 2. Sustainability
- ▶ 3. Regular ground floor meetings between partnerships



What NOT to do!

- ▶ Allow the PBHCI Grant to dictate everything do
- ▶ Overlook – SUDs
- ▶ Keep what you are doing a secret!



What's next?

- ▶ Changes to the USHH Model
 - Pursuing delegation of care coordination through ACC
 - Working on ways to pay for health coaching
- ▶ Biggest challenges:
 - How to sustain non-billable services
- ▶ Sustainability:
 - Start now

